




## Lexington Senior Center Menu September 2016

MONDAY	WEDNESDAY	FRIDAY
<b>Reservation system: Please call 781-698-4850 to make your reservation. Seating is limited.</b> 1. Call on Thursday and/or Friday (by 10:00a.m.) to reserve for Monday 2. Call on Monday and/or Tuesday (by 10:00a.m.) to reserve for Wednesday 3. Call on Wednesday and/or Thursday (by 10:00a.m.) to reserve for Friday 4. If you are attending a meal you may sign up for the following meal in person. (e.g. If you attend lunch on Monday, you can sign up for the Wed. lunch and won't have to call in.)		
<b>*Sodium values are listed beside each menu item. Breads and desserts vary so are not listed.</b>		<b>2 Sodium</b> Roasted Turkey with Dressing and Gravy 390 Mashed Potato with Sour Cream and Chives 250 Butternut Squash 0
<b>5</b> 	<b>7 Sodium</b> Meatloaf with Mushroom Port Demi-Glace 510 Baked Potato 10 Corn on the Cob 0	<b>9 Sodium</b> Lemon Baked Scrod 180 Basmati Rice 65 Coleslaw 210
<b>12 Sodium</b> Baked Hake with Crumb Topping 250 Roasted Yukon Potato with Onions 180 Steamed Asparagus 0	<b>14 Sodium</b> Chicken Pot Pie 450 Tossed Green Salad 20	<b>16 Sodium</b> Vegetable Lasagna 500 Steamed Spinach 55
<b>19 Sodium</b> Baked Chicken Chermoula 160 Golden Rice 55 Steamed Broccoli 30	<b>21 Sodium</b> Baked Flounder with Lemon 180 Roasted Potato with Caramelized Onions 105 Steamed Carrots 90	<b>23 Sodium</b> Pork, Adovado with Pico De Gallo 410 Mexican Rice 120 Grilled Mexican Corn 320
<b>26 Sodium</b> Flank Steak with Shallot, Mushroom and Red Wine 65 Herbed Rice Pilaf 95 Steamed Green Beans 5	<b>28 Sodium</b> Lemon Baked Schrod 180 Parslied Boiled Potatoes 110 Baked Tomato with Lemon and Herbs 105	<b>30 Sodium</b> Roasted Turkey with Dressing and Gravy 390 Mashed Potato with Sour Cream and Chives 250 Butternut Squash 0

Funded by Minuteman Senior Services and prepared in the kitchen of Brookhaven at Lexington.

All meals are served with milk, rolls & butter, and desserts unless specified

*Meals subject to change without notice - \$3 donation requested.*

**We look forward to having you join us!**